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# NAF HBP Benefits Information

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## National Breast Cancer Awareness Month



Every October is National Breast Cancer Awareness Month in the United States. The National Breast Cancer Awareness Month (NBCAM) program educates women about the importance of early detection for breast cancer. According to NBCAM, mammography use has doubled, and breast cancer death rates have declined since NBCAM's inception. Still, many women do not utilize mammography at regular intervals. Women age 65 and older are less likely to get mammograms than younger women, even though breast cancer risk increases with age. Regular mammography for women age 40 or older is the best available method of detecting breast changes that may be cancer, long before physical symptoms can be seen or felt. Breast Cancer Q & As can be found at [http://www.nbcam.org/media/breast\\_cancer\\_QandA.pdf](http://www.nbcam.org/media/breast_cancer_QandA.pdf). For more information about NBCAM, please visit [www.nbcam.org](http://www.nbcam.org) or call one of the following toll-free numbers: American Cancer Society, (800) 227-2345, National Cancer Institute (NCI), (800) 4-CANCER, Y-ME National Breast Cancer Organization, (800) 221-2141.

## FLU SHOTS

October 1 - November 15, 2007

Flu shots are available from October 1 through mid-November 2007. NAF HBP participants can get their flu shot from their doctor or any Maxim Health System location. There are more than 20,000 retail facilities across the nation participating in the system. You can find a Maxim flu clinic location at <http://www.findaflushot.com>, or Call Maxim's automated locator system 24 hours a day, 7 days a week toll free at 1-866-466-2976 and enter your area code and the first digits of their telephone number. Members calling the Aetna-dedicated toll-free number for Maxim can obtain information about the flu shots in English or Spanish. The flu shot is considered part of the preventive services, and is covered at 100% for the NAF HBP members. Please ensure that you take your Aetna ID card when getting your shot. Members who do not present their Aetna ID cards will be asked to pay the public fee (\$30) at the time the flu shot is given.



## NAF HBP Open Enrollment

During the month of November, eligible NAF employees may enroll in the NAF Health Benefits Program (NAF HBP). The Open Enrollment Season starts on November 5, 2007 and ends November 30, 2007. Any changes you make will be in effect January 1, 2008, so be sure to base your decisions on what is best for you and your family. At this time, you may enroll in or change your plan, add or remove family members coverage. Take the time to review and learn more about the health insurance options offered by your employer. Whether you participate in the NAF HBP or aren't currently enrolled, you will receive information materials and enrollment instructions in the mail, or through your servicing Human Resources Office. If you don't receive your open enrollment package, please contact your local HR office as soon as possible. Open enrollment is only offered once every two years, so don't miss this opportunity! Remember that the Open Enrollment season gives you not only the opportunity to review the benefits levels offered through Aetna, but also through available Health Maintenance Organizations (HMO's). Contact your servicing HR office for more information.

## NEW!!

### Stand Alone Dental Plan

The NAF HBP is adding a new Stand Alone Dental plan to the program. This dental plan is open to eligible employees not covered by the Dental plan connected with the Medical Plan. The Stand Alone Dental plan is a fully insured product offered by Aetna. Benefit levels are comparable to the dental plan connected with the Medical Plan. For additional information go to [www.brainshark.com/aetnavpns/dod](http://www.brainshark.com/aetnavpns/dod)



## AETNA Navigator

NAF HBP participants are encouraged to visit the "Aetna Navigator" website at <http://www.aetna.com/index.htm>